



NOTE FROM CEO



Dear Friends,
Forty Carrots Family Center was honored with an invitation for our Chief Program Officer, Carla Johans, to be an opening panelist at the Florida Blue Foundation's annual Community Health Symposium The Power of Connection; Addressing Maternal Mental Health through Partnerships and Collaborations. We have long supported maternal mental wellness knowing the far-reaching consequences for mothers, infants, families, and communities.

Carla spoke about Forty Carrots' therapeutic treatment along with our expertise in parenting are an effective combination to



WATCH VIDEO NOW

build confidence and competence leading to positive outcomes for children and their families. We are proud to be recognized for our extensive work in this space along with the other panelists and of Carla for her professionalism and expertise.



With Gratitude,
Michelle Kapreilian
Michelle Kapreilian
CEO, Forty Carrots Family Center

ANNUAL EVENT



The 20th annual Wine Women & Shoes benefitting Forty Carrots Family Center will take place on November 13th, featuring MARLOW Med Aesthetics as first-time presenting sponsor.

This signature fundraising event is critical to our operating budget, with 100% of proceeds directly supporting parenting education, early learning, and mental health services.

TABLES ARE ON SALE NOW

GIVING CHALLENGE



The 2026 Giving Challenge was presented by the Community Foundation of Sarasota County with giving strengthened by The Patterson Foundation.

WATCH VIDEO

PRESCHOOL

Forty Carrots Preschool celebrated its graduating class of 2026 this past week. Before summer and sending children off to kindergarten in the fall, the occasion was a joyful testament to the work of students, families, and teachers.

We'd like to say thank you to all our families and educators and our dedicated donors who ensure all children can access Forty Carrots' high-quality early learning through our Jordan Steele White scholarship program.



CALENDAR

MAY 2026

S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SUPPORT FORTY CARROTS



Investing in a young child's future pays dividends for life. Your tax-deductible donation today will have a lasting impact. Thank you!


PARENTING EDUCATION

Forty Carrots' Parenting Consultations are open to any parent or caregiver over the phone or through video conferencing with a Parenting Educator to ask questions, learn more about early childhood development, address concerns, or obtain resources and solutions specific to a family's need. Parenting Consultations have grown annually, and since 2020, Parenting Educators provided 196 unduplicated clients with 420 parenting consultations.

Clients reflected on the services: *"I am more aware of my children's social and emotional needs, feeling more confident in my ability as a parent. Having the space to share both challenging and exciting experiences with someone who is willing to listen is so helpful. [She] understands where I'm coming from and gives helpful feedback regarding those experiences."*

CHILD + FAMILY THERAPY



MONDAYS
10:30 AM - 11:30 AM
JUNE 15 - JULY 20
GROUP LOCATION

Mothers Helping Mothers
5933 Washington Blvd.
Sarasota, FL 34243

Forty Carrots Family Center will be hosting a summer group at Mothers Helping Mothers called Family, Feelings, & Fun. This group is a 6-week long series designed to help children, ages 5-10 years-old, and their caregivers engage in dialogue and activities on how to cope with big feelings. This group is aimed at helping children and caregivers work together to develop and practice these skills, supporting lifelong closeness and an ability to confidently face life's challenges together. For more information, please visit MHMSARASOTA.ORG



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